

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



MAY 2022 SCHEDULE

Here's what's coming up in our face-to-face, Zoom and Facebook sessions this May



YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book your place on an S2R session, call 07933 358800 or email: contact@s2r.org.uk

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk

PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE BANK HOLIDAY ON MONDAY 2ND MAY. WE WILL BE OPEN AS USUAL ON TUESDAY 3RD MAY.



FACE-TO-FACE SESSIONS

Face coverings in our sessions are not mandatory, but you are welcome to wear one if you'd prefer, and please also be mindful of others' personal space. Hand sanitisation stations will still be available for your use. Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, HD2 1AG	Every Monday (Except Bank Holidays) 10:00 - 12:30 Facilitated by: Michelle	Help to grow plants and flowers for local parks and greenspaces at the polytunnels. You don't need any gardening experience. Tools are provided. This group is only suitable for 18+ years. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.
Lonely Arts Club S2R Create Space, 5-7 Brook Street, Huddersfield, HD1 1EB	Every Tuesday 10:00 - 12:30 Every Thursday 10:00 - 12:30 Facilitated by: Debbie	A regular, social, creative group. Come along and work on your own creative painting or drawing project, or have a go at sketching the still life objects we provide. This is a group intended for those with previous experience, or those happy to self-teach. Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.
Work Days* Various locations across Kirklees	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks across Kirklees. Tools are provided. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.
Birkby and Fartown Library Gardening Group Birkby and Fartown Library, Lea Street, Birkby HD1 6HF	Every Tuesday 11:30 - 13:00 Facilitated by: Elizabeth	Join these gentle gardening sessions and help to get the library garden ready for spring, enjoy some interesting horticultural activities, find out about garden volunteering at the library, and share a warm drink and a chat. No gardening experience needed. Please wear clothing and footwear suitable for gardening.

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<p>Birkby Wellbeing Walks*</p> <p>Birkby and Fartown Library, Lea Street, Huddersfield HD1 6HF</p>	<p>Every Tuesday 13:00 - 14:00</p> <p>Facilitated by: Elizabeth</p>	<p>Join us for gentle, mindful walks around Birkby including Norman Park, Grimescar Valley, The Greenway and more. Please wear clothing and footwear suitable for the weather.</p> <p>*Supported by Yorkshire Sport Foundation.</p>
<p>Café Connections*</p> <p>Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL</p>	<p>Every Tuesday 14:00 - 15:00</p>	<p>Has the pandemic left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice too!</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
<p>Cloggers*</p> <p>Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL</p>	<p>Every Tuesday 15:00 - 16:00</p> <p>Facilitated by: Amina</p>	<p>Come to our friendly Café Connections sessions and then join our brand-new Cloggers walking group for a gentle stroll around the Dewsbury area afterwards.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
<p>Cemetery Road Community Allotment</p> <p>Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Michelle</p>	<p>Learn or share growing skills including sowing seeds, composting, and preparing the ground for growing. Plus you can take home any produce grown! You don't need any gardening experience. Tools are provided. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre HD1 4BP</p>	<p>Every Wednesday 12:00</p> <p>Facilitated by: Dawn</p>	<p>Meet us at the entrance of Huddersfield Leisure Centre for a gentle walk to and around Greenhead Park, and then back to the Leisure Centre.</p>
<p>Friday Wanderers*</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Friday (Except Friday 6th May) 09:30 - 10:30</p> <p>Facilitated by: Waheeda or Amina</p>	<p>Join this friendly, women-only group for a gentle stroll around Crow Nest Park. We will meet at the front of the manor house. Feel free to bring a warm drink with you too.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
<p>"An Apple a Day" Outdoor Wellbeing*</p> <p>Highfields Orchard, Wentworth Street, Huddersfield HD1 5PX</p>	<p>Every Friday 13:30 - 15:30</p> <p>Facilitated by: Andy & Dawn</p>	<p>Join us at Highfields Orchard for wellbeing sessions, orchard maintenance and a variety of creative and practical activities. We always make time to sit and enjoy the fresh air of the orchard with a hot drink too.</p> <p>*Supported by players of People's Postcode Lottery.</p>

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NAME	DATE AND TIME	DETAILS
<p>Mirfield and District Over 50s Social Group</p> <p>Zion Baptist Church Hall, Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</p>	<p>A weekly members social group for people over a certain age to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone welcome. Refreshments provided. The first week is free, then £2 per person to attend.</p>
2ND - 8TH MAY		
<p>Aromatherapy Kitchen Cleaners</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p>Wednesday 4th May 13:00 - 15:00 Facilitated by: Byron</p>	<p>Bring in your empty containers and learn how to make your own kitchen cleaning products using essential oils and environmentally friendly ingredients.</p>
<p>Oral Histories of Mental Health</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p>Thursday 5th May 13:00 - 15:00</p>	<p>A briefing session on the Oral History Archive project from The Mental Health Museum. The archive will be a living record of people's mental health stories in order to challenge beliefs and perspectives. Come along to find out more about the project, share your story or learn more about training as a Community Reporter. Everyone welcome. Refreshments will be provided. Please register online in advance at: https://forms.gle/PExereC9ypKc5Pfx9</p>
<p>Coffee, Chat and Create*</p> <p>Birkby and Fartown Library, Lea Street, Huddersfield HD1 6HF</p>	<p>Friday 6th, 13th, 20th & 27th May 13:30 - 15:00 Facilitated by: Sue</p>	<p>Come and join this friendly new group at Birkby and Fartown Library for coffee, friendly chat and some creative activities.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
9TH - 15TH MAY		
#MENTALHEALTHAWARENESSWEEK		
<p>Mondays at The Museum</p> <p>Tolson Museum, Ravensknowle Park, Wakefield Road HD5 8DJ</p>	<p>Monday 9th May 11:00 - 15:00</p>	<p>Come along to this preview event and find out more about the free wellbeing activities that will be running at the Tolson Museum on Mondays as we head into summer. S2R will also be running a Mono Printing* session from 1 - 2.30pm using archive photos and museum inspiration and a gentle Chair Exercises* session from 1.30 - 2.30pm.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.</i></p>
<p>An Introduction to Crochet*</p> <p>Taleem Centre, 36 Orchard Street, Dewsbury WF12 9LT</p>	<p>Monday 9th, 16th & 23rd May 13:30 - 15:30 Facilitated by: Amina</p>	<p>Join us for these fun and creative sessions where you will begin to learn the art of crochet. Using basic stitches and techniques, you can create everything from Granny Squares to fancy flowers. There's something for everyone! Plus warm drinks and friendly chat too.</p> <p><i>*Supported by players of People's Postcode Lottery.</i></p>
<p>Cycle For Health</p> <p>Princess Mary Athletics Stadium, 124 Bradford Road, Liversedge WF15 6LW</p>	<p>Tuesday 10th May 13:00 - 15:00</p>	<p>Join the team from Cycling UK for this 12-week course and learn how to cycle or regain your cycling confidence with Cycle For Health. This course is led by qualified cycling instructors. Bikes and helmets will be provided. Please email contact@s2r.org.uk for more information and an application form for this course.</p>

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<p>Bee Happy</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p>Tuesday 10th & 17th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>In week one at S2R Create Space we will learn about the basics of beekeeping, then in week two, we will go to visit a local beehive. No previous experience required. All equipment will be provided.</p>
<p>Coffee Morning*</p> <p>Thornhill Lees CC, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Wednesday 11th May 10:00 - 11:00</p>	<p>A community coffee morning in partnership with THL Community Centre for Mental Health Awareness Week. Everyone is welcome.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Remembering Yourself*</p> <p>Crosland Moor Community Association</p>	<p>Wednesday 11th May 10:00 - 12:00</p> <p>Facilitated by: Maxine</p>	<p>Come to this Wellbeing Toolkit session in partnership with Aspire Creating Communities and learn how to manage stress, practice self-care and improve your overall wellbeing. Moorfield Shopping Centre, 15 Park Road West, Crosland Moor HD4 5RX.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
<p>"Let's Get Together" for Mental Health Week*</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p>Wednesday 11th May 10:00 - 14:00</p> <p>Facilitated by: Sue & Byron</p>	<p>Come to this Mental Health Week drop-in event for some delicious Dark Woods Coffee, a biscuit and a chat. There will be free mindful art activities and our friends at Aspire Creating Communities and other partner organisations will tell you more about opportunities and events happening locally. So come and relax and enjoy a warm drink.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
<p>Angling Initiative</p> <p>Honley</p>	<p>Thursday 12th May 11:00 - 13:30</p> <p>Facilitated by: Andy</p>	<p>Come and learn about freshwater fishing from Eden Forest's licensed Angling Trust coaches. No previous experience necessary and all equipment will be provided. Further details available on booking.</p>
<p>Community Crafting at Almondbury Library*</p> <p>Farfield Road HD5 8TD</p>	<p>Thursday 12th May 14:15 - 15:45</p> <p>Facilitated by: Dawn</p>	<p>Join us for some Eye of the Sun Weaving. Enjoy this mindful and relaxing craft and make a colourful woven decoration for your garden, home or to give as a gift.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
<p>Community Crafting at Rawthorpe and Dalton Library*</p> <p>23/25 Ridgeway HD5 9QR</p>	<p>Friday 13th May 10:30 - 12:00</p> <p>Facilitated by: Kim</p>	<p>Learn how to make your own unique and colourful bunting ready for garden parties and summer celebrations.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
<p>Women's Wellbeing Event*</p> <p>Ravensthorpe Community Centre, 24 Garden St WF13 3AR</p>	<p>Friday 13th May 11:00 - 13:00</p>	<p>Come along to this Wellbeing Event to create and decorate candles and find out more about wellbeing activities and services available locally. Delivered in partnership with RCC. Everyone is welcome.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Aromatherapy for Wellbeing*</p> <p>Chickenley CC, Dewsbury WF12 8QT</p>	<p>Friday 13th May 13:30 - 15:00</p> <p>Facilitated by: Amina</p>	<p>Come to this Aromatherapy for Wellbeing session at Chickenley Community Centre to relax, take some time out for yourself, and learn how aromatherapy can help to boost your overall wellbeing.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Ramblers Taster Walks</p> <p>Lockwood Railway Station, Park Road HD1 3UE</p>	<p>Saturday 14th May 13:30</p>	<p>Join the Ramblers for a circular walk around Lockwood Spa and the River Holme. Stiles, rough or muddy ground and hills may be encountered. Please wear suitable footwear and clothing. If you enjoy your first 2 or 3 walks you may be invited to join the Ramblers and get the full benefits of membership on an annual subscription basis. For more information, visit: https://www.ramblers.org.uk/ or call Christine Senior from the Ramblers on 07856 844432.</p>

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16TH - 22ND MAY		
<p style="text-align: center;">Six Oils Aromatherapy Medicine Chest*</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p style="text-align: center;">Monday 16th, 23rd & 30th May & 13th, 20th & 27th June 13:00 - 15:00 Facilitated by: Gill</p>	<p>Aromatherapy is a great way to address many common complaints such as; colds and flu, headaches, arthritis, eczema and lots more besides. Join our 6-week course and learn how you can replace many of the remedies in your medicine cabinet. We'd like this course to reach as many people as possible, so please be aware that priority places will be given to anyone new to these sessions.</p> <p><i>*Supported by players of People's Postcode Lottery.</i></p>
<p style="text-align: center;">Creative Upcycling*</p> <p>Boothroyd Primary Academy, Temple Road Dewsbury WF13 3QE</p>	<p style="text-align: center;">Tuesday 17th, 24th & 31st May & 7th June 12:30 - 14:30 Facilitated by: Kim</p>	<p>Come to these Creative Upcycling sessions and learn how to do a variety of mindful crafts with an upcycling theme. We'll be covering rag rugging, book binding, upcycled fabric baskets and more!</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p style="text-align: center;">Aromatherapy Toothpaste</p> <p>S2R Create Space, Brook Street, HD1 1EB</p>	<p style="text-align: center;">Wednesday 18th May 13:00 - 15:00 Facilitated by: Byron</p>	<p>Learn how to create your own toothpaste and lip balm using essential oils and natural ingredients. If you can, please bring in some small empty tubs or jars to take your toothpaste home in.</p>
<p style="text-align: center;">Community Crafting at Almondbury Library*</p> <p>Farfield Road, Huddersfield HD5 8TD</p>	<p style="text-align: center;">Thursday 19th May 14:15 - 15:45 Facilitated by: Kim</p>	<p>Learn how to make your own unique and colourful bunting ready for garden parties and summer celebrations.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>
<p style="text-align: center;">Norman Park Wellbeing Event*</p> <p>Norman Road, Birkby HD2 2UE</p>	<p style="text-align: center;">Friday 20th May 17:30 - 19:00</p>	<p>Join us in Norman Park for free wellbeing activities such as yoga, dance, and mindfulness to help you relax and unwind. Freshly made pizza and refreshments will also be served. Family-friendly.</p> <p><i>*Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.</i></p>
23RD - 29TH MAY		
<p style="text-align: center;">Health and Wellbeing Day**</p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p style="text-align: center;">Thursday 26th May 10:30 - 14:00</p>	<p>Come along to this community Health and Wellbeing Day and find out more about the local services available to you. There will be eye health care, the wellness bus, aromatherapy for health and more! Everyone is welcome.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. *Part of the Community Anchors project for Dewsbury and Mirfield.</i></p>
<p style="text-align: center;">Community Crafting at Rawthorpe and Dalton Library*</p> <p>23/25 Ridgeway, Huddersfield HD5 9QR</p>	<p style="text-align: center;">Friday 27th May 10:30 - 12:00 Facilitated by: Sue</p>	<p>Come and have a go at needle felting and learn how to make a colourful flower in a pot from felt and wool that you can keep for yourself or give as a gift.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i></p>

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<p>Wildflower Monoprinting</p> <p>West Yorkshire Print Workshop, Huddersfield Road, Mirfield WF14 8AT</p>	<p>Saturday 28th May 11:30 - 15:30</p>	<p>A special workshop with our friends at West Yorkshire Print Workshop. Take inspiration from the Chelsea Flower Show and learn how to monoprint wildflower designs with a professional printmaker. Spaces on this session are limited, so please book your place before the 20th May if you would like to attend.</p>

30TH MAY - 5TH JUNE

<p>All Ages Bushcraft*</p> <p>Lees Holm Park Allotments, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Monday 30th May 11:00 - 13:00</p> <p>Facilitated by: Andy & Elizabeth</p>	<p>Come and join us for a outdoor bushcraft session of wood whittling, den-building, fire lighting and some tasty campfire snacks. Please wear sturdy shoes and outdoor clothing suitable for the weather.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Dewsbury Wellbeing Network Event*</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF12 2SG</p>	<p>Tuesday 31st May 11:00 - 14:00</p>	<p>S2R will be bringing together wellbeing services from across Dewsbury to show you what they have to offer at this free activity-based, family friendly outdoor event in Crow Nest Park. Everyone is welcome. No booking required.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>

Age restrictions apply to some sessions - please ask for details.

Face coverings in our sessions are not mandatory, but you are welcome to continue to wear one if you'd prefer, and please remember to be mindful of others' personal space.

Hand sanitisation stations will still be available for your use.

Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.



ZOOM SESSIONS

To book: email contact@s2r.org.uk and receive the zoom joining link!

NAME	DATE AND TIME	DETAILS
<p>Yoga for S2R With Umbrella Yoga**</p>	<p>Monday 9th, 16th 23rd & 30th May 12:30 - 13:30</p>	<p>A gentle yoga session for women. Remember to: wear comfy clothes; find a space you can use; if you've got a mat - great - if not it doesn't matter at all; grab a couple of cushions; if you want to use a chair for extra support that is also fine; finally - come to the session ready to move, relax and enjoy!</p> <p><i>*Supported by The Awards For All National Lottery Funding. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.</i></p>



MAY 2022 RELEASES ON FACEBOOK

Visit our Facebook page to tune in at any time [@S2RCreateSpace](https://www.facebook.com/S2RCreateSpace)

<p>Feelgood Friday*</p>	<p>Friday 20th May Released at 17:30</p>	<p>Tune in to this Feelgood Friday session to learn about aromatherapy and how to make your own lavender and geranium hand scrub. For more tips on positive mental health, listen to Pam Lonsdale on Rhubarb Smoothies Radio from 10:00-12:00 every Friday.</p> <p><i>*Supported by players of People's Postcode Lottery</i></p>
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MONDAYS AT THE MUSEUM

FREE WELLBEING ACTIVITIES EVERY MONDAY BETWEEN 11:00AM & 3:00PM

TOLSON MUSEUM, RAVENSKNOWLE PARK, WAKEFIELD RD, HD5 8DJ



COME ALONG TO THE PREVIEW EVENT ON **MONDAY 9TH MAY FROM 11AM - 3PM** TO FIND OUT MORE ABOUT THE FREE WELLBEING ACTIVITIES THAT WILL BE RUNNING AT THE TOLSON MUSEUM EVERY MONDAY!

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If you are new to S2R, you will need to complete our short application form before joining in with sessions: www.s2r.org.uk/onlineapplicationform

Phone lines - Open 10am - 3:30pm, Monday - Friday (closed on Bank Holidays)

07933 358 800 (S2R Bookings and enquiries)

07541 095 455 (The Great Outdoors Project)

07895 510 433 (Dewsbury Your Health in Mind Project)

Email: contact@s2r.org.uk

Web: www.s2r.org.uk



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



Please note our courses and workshops are Dementia Friendly, for more information please get in touch.



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VOLUNTEERING OPPORTUNITY

Mirfield & District

Over 50s SOCIAL Group

A weekly members social group for people over a certain age, to get together

We are urgently seeking volunteers to help with the running of this group, also willing Committee members to oversee some organising duties.

Group volunteers will have the benefit of meeting new people, being part of a thriving group, enjoying the in-house entertainment, whilst providing support to this much needed local group, which for some is their only social outlet and source of companionship.

*The group meets on Fridays from 2-3:30pm
At the Zion Baptist Church Hall,
Water Royd Lane, Mirfield*

*If you have time and interest, then please contact
Paula: paula@s2r.org.uk / 07455 677 700
Or Gill: gill@s2r.org.uk*

They look forward to hearing from you